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Common name: Aloe vera, Medicinal aloe, Burn plant

Botanical name: *Aloe vera*

description: Aloe, a popular houseplant, has a long history as a multipurpose folk remedy. Commonly known as Aloe vera, the plant can be snapped off and placed on cuts and burns for immediate relief. Aloe vera is a clump forming succulent whose fleshy gray-green leaves are arranged in a vase shaped rosette atop a very short stem.

which part is used: leaves

how it is used :

for which ailment it is used: Aloe Vera contains over 20 minerals, all of which are essential to the human body. The human body requires 22 amino acids for good health -- eight of which are called "essential" because the body cannot fabricate them. Aloe Vera contains all of these eight essential amino acids, and 11 of the 14 "secondary" amino acids. Aloe Vera has Vitamins A, B1, B2, B6, B12, C and E. In India, Aloe vera is believed to help in sustaining youth, due to its positive effects on the skin.



Common name: Holy basil, Tulsi

Botanical name: *Ocimum sanctum*

description:

Tulsi (*Ocimum sanctum*) is a widely grown, sacred plant of India. Hindus grow Tulsi as a religious plant in their homes, temples and their farms. Tulsi is a branched, fragrant and erect herb having hair all over. It attains a height of about 75 to 90 cm when mature. These are aromatic because of the presence of a kind of scented oil in them. The natural habitat of Tulsi varies from sea level to an altitude of 2000 m. It is found growing naturally in moist soil nearly all over the globe.

part used: leaves

how it is used :

ailment used for: Because of its medicinal virtues, Tulsi is used in Ayurvedic preparations for treating various ailments.
